



APRIL WORKOUT OF THE MONTH

BRASHEAR

HOW MUCH SHOULD YOU DO?

- ✓ Warm-up 5-10 min
- ✓ 50 Push-ups, 50 Sit-ups, 1 mile run (Rest for 10 Minutes and repeat)
- ✓ 50 Push-ups, 50 Sit-ups, 1 mile run (Rest for 10 Minutes and repeat)
- ✓ 50 Push-ups, 50 Sit-ups, 1 mile run
- ✓ Cool-down and Stretch

A WORKOUT BUDDY: Having a workout partner that helps keep you on task, and that you help keep on task is not only an avenue to keeping healthy but builds your social network.

Be smart, be active!